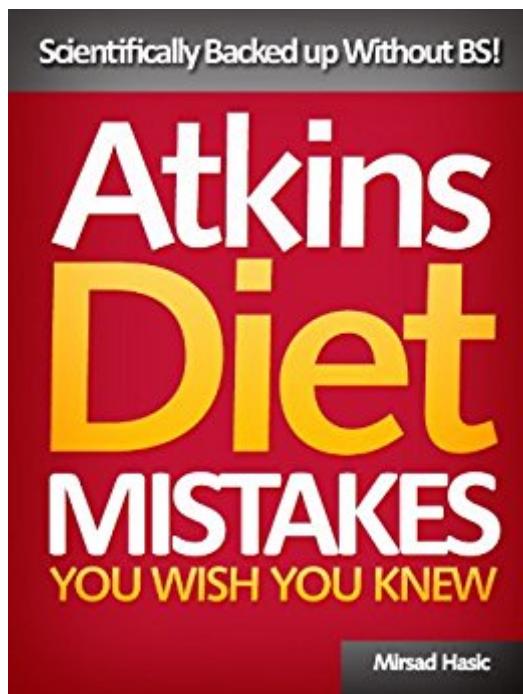


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# Atkins Diet Mistakes You Wish You Knew - Scientifically Backed Up Without BS!



## Synopsis

Discover the Mistakes You Are Making with the Atkins Diet, and Your Failure becomes a Thing of the Past!The Atkins diet has been around for decades now. There have literally been tens of thousands of people who lost considerable amounts of weight by utilizing it properly. However, there is a flip side to this. There are countless others who have failed to shed a single pound from this well-known weight loss program. Those who have tried and failed, probably think this is a simple case of 'what works for some, doesn't always work for others'.If you are one of those folks who has failed at the Atkins diet, or someone who's thinking about trying it for the very first time, then this book is a 'must read' for you, especially if you're serious about achieving your weight loss goals.Eliminate Mistakes to Eliminate FailureIt's been my experience that most people jump on the Atkins diet without having any idea of the common mistakes that so often lead to failure. It's not that the Atkins Diet isn't working for them, but more a case of they're not working the Atkins diet accurately. There is a solution to this dilemma, but first you have to identify the problem(s).Now, if you were able to recognize where it is you're going wrong, then each of those common mistakes can be easily eliminated. By removing dieting blunders, significantly increases your chance of success; meaning you too get watch those unwanted pounds fall off.The math is a simple three step approach to success. When each mistake is identified and taken out of the equation, the rate of SUCCESS INCREASES, while the risk of FAILURE DECREASES. 1. Identify mistakes2. Remove mistakes3. Enjoy the resultsHowever, if you don't know what you're doing wrong, then you can't remove what you're not aware of, and that means your failure at the Atkins Diet is imminent.Uncovering the Atkins Diet MistakesIn this book I have included 40 common mistakes that people perform unknowingly when they are on the Atkins diet. Making one or more of these false moves can literally mean the difference between success and failure at your attempts to lose weight the 'Atkins' way.Once you know what these mistakes are, you're half way to victory. But knowledge without action is futile! In my book, I give tips on how to prevent these common blunders before they even occur, or show you how to eliminate them from your weight loss regime if you're already making any. Reading through my easy-to- follow guide will significantly boost your chances of losing those extra pounds once for all!Learn How to Eliminate the Atkins Diet Mistakes Today!If you're sick and tired of carrying around those unwanted pounds, then take action today and finally discover how to quickly, safely, and effectively, reach your weight loss goals.So are you ready to replace failure with feat? If YES, then today is the day when you get back on track with your weight loss program, and learn all you need to know about losing and maintaining weight with the Atkins Diet.Simply scroll to the top of this page and click on the "Buy Now With 1-Click" button!

## Book Information

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## Customer Reviews

The book was "ok" if you're looking for a brief outline/overview of the Atkins Lifestyle. As far as a list of "Mistakes" that most people who are doing Atkins do, there's really not much if any at all. It does cover a few misconceptions some people have who have never read the Atkins book or educated themselves on what it's really all about. Side note: Over the years, I've had a lot of success on the Atkins Lifestyle. When I 1st started it about 10 years ago, I lost over 120 lbs. in just over a years time. Any difficulties I had and any weight gain since has been my fault and not the Lifestyle. I recommend reading the Atkins book and the book by Dr. Hyman "The Blood Sugar Solution" and between the two books you'll have some very powerful tools and information on taking back your health and weight loss.

This was a poorly written book with lots of typos. It really didn't say much of anything so it is hard to critique this hot mess. It was only \$2.99 so thankfully it was not real expensive, but maybe that was the point of his book. Write not much of anything and still get paid. I guess it could end up to be a tidy sum if enough people get sucked in to buy this. Save your money.

A rip-off! Don't waste your money. I don't think the word "edit" is a word known to this author at all. Poorly written to the point of being painful to read. Please don't write anything else until you learn how to write. No new information, just a rehashing of information you can get anywhere. A complete waste of time and money.

Well this was certainly not what I paid money to read as there was no new information. Author did not say Anything that Dr. ATKINS didn't already say in his book. This guy has sweet words to reassure & encourage the reader through all phases of the ATKINS diet but I paid Attention to what the good Doctor wrote so I learned nothing from Hasic. Instead of "Mistakes" being in the title it should have said "Reassurance You Wish To Hear". Save your money, reread Atkins!

This is awful... there is not ONE piece of useful information in it. Ridiculous chapters are each dedicated to an issue/concern about the Atkins program, but the information/solutions offered are mere words of encouragement, not real content. Waste of money. I wish I'd read the reviews before I bought it.

About twenty years ago, my wife and I were vacationing with several friends. At our first night's dinner, I noticed that one couple was enjoying steaks, but they were ignoring the baked potato and the excellent bread. When I asked them about this, they told me about the carbohydrate-restricted diet they were on. That was my introduction to the Atkins Diet. I've never tried Atkins for myself, although I've met a number of people who extol its benefits. In his book, author Mirsad Hasic explains the principles of Atkins and describes some of the potential pitfalls and how to avoid them. The focus of Atkins is on restricting carbohydrates. This goes against much of what we've been taught about nutrition, but the book explains why restricting carbs is necessary for long-term weight loss and healthy living. The difference between net carbs and total carbs is explained, which brings in the important role that fiber plays. The four phases of Atkins are listed and explained, with descriptions of what to expect during each phase and how to successfully complete the phase and advance. The importance of fat is noted, and the book recommends the "best" fats to incorporate into the diet. One chapter gives tips on dining out while on Atkins. Other chapters are specific to men's issues and women's issues associated with Atkins. The book provides some helpful advice for those who are on the Atkins Diet, but it also serves as a quick introduction to the Atkins lifestyle for anyone contemplating trying Atkins for themselves.

My rating is based on the fact that this is a well summarized version of the Atkins New Diet Revolution, which in itself is a well documented and researched material by Atkins. For those who are lazy readers and want a quick summary- this is where to go! Personally I would have liked to read additional and new developments on the low Carb diet. In all, its certainly a good read.

I bought this book because I was on a plateau and assumed I would come across a common 'mistake' I was making. The book is just a summary of Dr. Atkins book and why this way of eating is good. It was a waste of time.

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